



Therapeutic Recreation Services

Fall

September – December 2018

SpokaneParks.org – Call 311 and Press 3 or 509.755.2489 and Press 3

Customer Involvement Policies & Important Information

Customer Involvement Policies

- Arrive to the activity/meeting location on time. Under most circumstances TRS will not wait longer than fifteen minutes for participants to arrive. This will prevent a delay in transportation and tardiness of any reservation.
- Leave the activity on time. TRS will wait until transportation comes. If additional supervision is required the participant will be billed \$4.00 for every 15 minutes or \$16.00 for every hour your transportation is late or you arrive too early. (Please refer to the additional supervision form).
- Bring the appropriate amount of money for activity. TRS staff do not carry additional funds to pay for activities. If you do not have sufficient funds for the activity, you may be sent home. Via home site, bus or taxi.
- Bring the appropriate clothing/gear for activity. (i.e.; helmets/gloves, swimsuit/cap, pillow/sleeping bag, extra layers in cold weather, etc.)
- Respect people, place and things around you.
 - a. Stay with the group.
 - b. Follow instructions of TRS staff.
 - c. No smoking permitted except in designated areas upon approval of TRS staff.
 - d. No food or drink allowed on the vans or other transport vehicles.
 - e. No stealing

Absolutely No Sexual Harassment or Assaultive behavior will be tolerated. We reserve the right to send participants home if displaying inappropriate behaviors or not abiding by the TRS Customer Involvement Policies.

We strive to provide a safe and enjoyable experience for everyone in a Therapeutic Recreation Services activity.

Important Information

Service Philosophy

Primary goal is to make recreational activities available to a broad spectrum of people with developmental and/or physical disabilities. Our purpose is to assist people to have positive experiences and develop appropriate leisure and social skills they can use throughout their lifetime. Mastery of leisure skills often leads to an increase in self-esteem and the ability to tackle other obstacles in life.

Volunteer/Staff

Volunteers are vital to our programs. Parents/careproviders, siblings, and students are encouraged to volunteer. If you are interested in volunteering, call 509.625.6245. Paid positions also available.

Participant Personal Needs

Therapeutic Recreation staff provides leadership for the activity and are unable to provide attendant care (feeding, toileting assistance, giving medications, transfers, etc.). Careproviders should accompany participants who need personal care. Participants who have behavioral issues may be asked to participate with a careprovider in attendance. Registration fees for careproviders may be waived or will vary depending on the activity.

Medication Policy

Participants who take medication during a Therapeutic Recreation program must complete a MEDICATION INFORMATION AND WAIVER form and return it before start of class. Participants must be self-medicating. Program staff can take custody of medication and remind participants when to take medication. Program staff cannot administer medication. All medication must be packaged according to program instructions. Participants should have a current medical coupon/medical insurance card, and identification with current address and phone number.

Miscellaneous Information

Participants will be notified of class changes. Classes held in Spokane school facilities do not meet on holidays, vacation & curriculum days.

Program Fees

Limited scholarship funds are available should a participant be unable to afford a class. Donations are tax deductible and assist us to better serve the leisure needs of people with disabilities. Therapeutic Recreation Services is a registered contractor with DSHS and is eligible to accept DDA respite funds for payment of activities through the Provider 1 system. Contact your local DDA case manager for more information.

Process to use DDA Funding:

1. Contact your DDA case manager and inform them of price.
2. Have case manager send funding approval to abusch@spokanecity.org
3. Fill out registration and then on page 13 indicate DDA as payment source and list case manager.
4. When registration form has been received and processed by TRS, a confirmation receipt will be sent to camper/family.
5. Provide copy of confirmation receipt to case manager.
6. If camper needs to cancel registration, regular refund policy and procedures apply (see below). DDA WILL NOT PAY IF CAMPER DOES NOT ATTEND BUT DID NOT CANCEL. In this case, payment responsibility falls to camper's family.

Refund Policy

Participants will be notified if a class or program is canceled due to lack of enrollment and will be offered an alternate choice, full refund or credit on account. Participants who wish to cancel enrollment must notify Therapeutic Recreation at least seven days prior to the program date to be considered for a refund. Refund amount will be based on the number of students

enrolled and any supply costs incurred on the participant's behalf. Careproviders may not substitute participants. Every participant must be pre-registered. Requests for refunds must be made in writing and approved by Therapeutic Recreation supervisor. Refunds will not be made after the first session or for missed sessions. Trip deposits are non-refundable unless cancellation is made at least 30 days before trip departure date.

Transportation/Paratransit Users

The Spokane Transit Authority offers both fixed route and para-transit services to the public. For fixed route service, call 509.328.7433; para-transit service, call 509.328.1552. STA will not wait for instructors or buildings to open. Our instructors arrive fifteen minutes prior to the start of the class. In order to prevent participants from being dropped off too early please give a "no earlier than drop" time of 15 minutes before the class starts. Do not use a "no later than" time as it causes problems of too early of an arrival. Care providers must accompany participants who cannot find the class location independently or wait appropriately for the instructor. Therapeutic Recreation works with STA and care providers to identify early and late arrivals and make changes in schedules as needed. *Another suggestion is to use subscription trips. After attending a class three weeks in a row the rider qualifies. With this ride you won't need to call in each week- just call when need to cancel. Schedule rides early. If participants need additional supervision while waiting for transportation after program hours a bill will be sent to cover staff expenses. Para-transit is not recommended for those activities involving a flexible return time - i.e. trips.

Registration Procedure:

- Advance registration is necessary for all programs except where noted.
- Registration is processed on first paid, first served basis. Payment can be accepted over the phone with Visa/MC/Discover only. No verbal reservations over phone.
- Mail in, phone in, walk in, or fax 509.625.6205 registrations.
- Medication Information & Waiver form filled out as necessary.

Other Parks Programs Available to Special Populations

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Park Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

Winter is just around the corner. Join Us!



**Adaptive &
Powderhound
Downhill Ski &
Snowboard
Program**

**Cross Country
Ski Program**



Ski Season Kick-Off Banquet

Friday, October 5, 2018

6:30 – 8:00pm

Sinto Senior Activity Center, 1124 W. Sinto Ave

This is an opportunity for new skiers, snowboarders and care providers to meet the group and ask questions. Potluck style.



**Free Skiing
+ Volunteering
= One Awesome Winter**

**Do you enjoy skiing
or snowboarding
and want to help
improve the quality
of life for people with
disabilities?**

**Consider volunteering
with Therapeutic
Recreation Services.**



We're also looking for volunteers to help with outings to sport events or dinners, creating crafts, or singing and dancing in a musical production.

Please call 509.625.6245 or
email abusch@spokanecity.org

September Events

Dessert Delight

1 day | Ages 16+ | \$12

If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. *Program fee does not include cost of food. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.*

Shari's Cafe and Pies – World famous pies, shakes, & ice cream
1270 | Wed. | 9/19 | 7:00-9:00pm

Eagle Football

1 day | Ages 18+ | \$35

Come on Eagle fans, don't miss this exciting day of college football at Roos Field. We will be traveling to Cheney to watch the Eags play Cal Poly Mustangs. *Bring \$12 to purchase dinner and money for souvenirs if desired. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.*

EWU vs. Cal Poly

1498 | Sat. | 9/22 | 10:15am-5:15pm

Fall Lake Cruise

1 day | Ages 18+ | \$39

Cruise on majestic Lake Coeur d' Alene. Enjoy the fresh air and beautiful fall colors. *Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.*

1271 | Sun. | 9/16 | 10:30am-3:00pm



GOT E-MAIL!

If you have e-mail and are interested in receiving brochures and letters through e-mail, let us know. You can call 509.625.6245 or e-mail it to us at: abusch@spokanecity.org

Fine Dining

1 day | Ages 18+ | \$15

Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. *Program fee does not include cost of food. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.*

Outback Steakhouse – Steak, seafood, and the bloomin' onion
1505 | Thurs. | 9/27 | 6:00-9:00pm

Friday Fun

1 day | Ages 18+ | \$26

If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Walters Fruit Ranch – Green Bluff Walter's Fruit Ranch is our destination. An educational tractor tour, picking apples and mini pumpkins, and sipping apple cider while eating pie. *Bring \$10-15 to purchase dinner. Meet at Sinto Senior Activity Center, 1124 W. Sinto.*

1545 | Fri. | 9/21 | 2:00-6:30pm

Friday Night Jam

1 day | Ages 18+ | \$7

Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

Sock Hop – Wear your favorite wild and crazy socks! Decorate some knee highs and enter the contest.

1279 | Fri. | 9/14 | 7:00-9:00pm

Pend Oreille Train Ride

1 day | Ages 16+ | \$43

This is the same great train the North Pend Oreille Valley Lions Club operated with a new exciting location and the Newport/Priest River Rotary Club as the new operator. The train leaves historic Newport, WA with the route following the absolutely gorgeous Pend Oreille River to Dalkena. The crew knows the history, and the romance of this fantastic corner of the inland northwest. You may spot moose, elk or eagles. *We will have lunch in Newport – bring \$15. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.*

1603 | Sun. | 9/30 | 9:45am-4:00pm

Seattle Mariners

Baseball Game

2 days | Ages 18+ | \$269

Enjoy a baseball game at Safeco Field watching the Seattle Mariners play the San Diego Padres. Participants need to be independent in personal care skills and have no major behavioral or medical needs. Trip fee covers transportation, staff, game tickets, overnight accommodations, breakfast and lunch on return day. *Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.*

1906 | Tues. | 9/11 | depart 10:00am
Wed. | 9/12 | return 4:30pm

Walking

4 weeks | Ages 14+ | \$27

If you enjoy the outdoors, exercise and socializing with friends a weekly stroll in the Mission Park Neighborhood is for you. We will divide the group into slow and fast walkers. Please wear comfortable, loose clothing such as sweats and sturdy walking shoes. **Mission Park NE parking lot, Mission & Perry.**

1600 | Wed. | 9/26-10/17 | 4:30-5:30pm

What's Cooking

4 weeks | Ages 16+ | \$51

Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave, Kitchen.**

1268 | Tues. | 9/11-10/2 | 4:00-6:00pm

Online Registration Now Available at
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
See Page 10 for all Sports Programs						1
2	3	4	5	6	7	8
9	10	11 Cooking	12	13	14 Friday Night Jam Sock Hop	15
		Seattle Mariners				
16 Fall Lake Cruise	17	18 Cooking	19 Dessert Delight Shari's Cafe	20	21 Friday Fun Walters Fruit Ranch	22 EWU Football vs. Cal Poly
23 Swimming Learn to Swim	24	25 Cooking	26 Walking	27 Fine Dining Outback Steakhouse	28	29
30 Swimming Learn to Swim Pend Oreille Train Ride						

October Events

Classy Crafts

4 weeks | Ages 16+ | \$41
Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room.**

1038 | Thurs. | 10/4-10/25 | 7:00-8:15pm

Day at the Theatre

1 day | Ages 16+ | \$24
Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.

Disney's Beauty and the Beast - SCT – Step into the enchanted world of Broadway's modern classic. Based on the Academy Award-winning animated feature, the stage version includes all of the wonderful songs written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. **Meet at SCT, 2727 N. Madelia St. #5**

1494 | Sat | 10/20 | 1:45-4:45pm

Dessert Delight

1 day | Ages 16+ | \$12
If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. *Program fee does not include cost of food. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.*

Tomato Street – Cheesecake, tiramisu, chocolate cookie sundaes
1496 | Wed. | 10/24 | 7:00-9:00pm

Drum & Dance

NEW

6 weeks | Ages 14+ | \$78
Whether you want to make music or to dance or just drum, join us for this 'Making music and movement' class. Increase your joy in improving your ability to listen and move to music. Music Therapists will help you to play drums, rhythm instruments to live and recorded music. Make some new friends while immersing yourself in music and movement! All instruments and equipment provided. Wheelchair accessible, near bus route. **Center for Music Therapy, 1315 N. Napa.**

1648 | Tue. | 10/16-11/20 | 4:30-5:30pm

Fine Dining

1 day | Ages 18+ | \$15
Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. *Program fee does not include cost of food. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.*

The Onion - Gourmet burgers, fish, and deep fried oreos are among the tasty items on the menu.

1508 | Thurs. | 10/18 | 6:00-9:00pm

Friday Fun

1 day | Ages 18+ | see below
If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Spokane Chiefs Hockey – The Spokane Chiefs play Medicine Hat. *Bring \$12 to purchase snacks or dinner. Meet us at the Spokane Veterans Memorial Arena main entrance, Boone & Howard.*

1555 | Fri. | 10/5 | 6:30-9:30pm | \$29

Disney on Ice-Dare to Dream – Celebrate what's possible as five Disney heroines spark the courage inside us all. See how far Moana will go in an action-packed adventure with demigod, Maui, to save her island and discover her true identity. Join Belle as she fearlessly befriends the enchanted castle staff and reveals the Beast's gentleness. Experience Anna's devotion to her sister, Elsa, on her life-changing journey to stop an eternal winter. Explore with Rapunzel, Flynn Ryder, Cinderella and friends from around the Disney Kingdom as they find the strength, heart, and determination to make their dreams come true. Hosted by Mickey and Minnie. **Meet at Spokane Veterans Memorial Arena, main entrance, Boone & Howard.**

1551 | Fri. | 10/19 | 6:15-9:00pm | \$29

Harvest Party – Wear your favorite costume. We will enjoy a Mexican bar and caramel apples, do a harvest craft, sing karaoke and drink apple cider while watching a movie. **Meet at Sinto Senior Activity Center, 1124 W. Sinto.**

1553 | Fri. | 10/26 | 6:00-9:00pm | \$29

Friday Night Jam

1 day | Ages 18+ | \$7
Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

Halloween/Harvest – Wear fall colors or a fun non-violent costume.

1284 | Fri. | 10/12 | 7:00-9:00pm

Musical Production

8 weeks | Ages 15+ | \$43
This year's musical will be determined by the Fall quarter class participants. They will have the opportunity to improve communication and socialization skills. The quarter will end with the participants putting on a talent show. **Ridgeview Elementary School, Cafeteria, 5610 N. Maple.**

1561 | Mon. | 10/15-12/3 | 6:30-8:00pm | no class 11/12

Pend Oreille Train Ride

1 day | Ages 16+ | \$43
This is the same great train the North Pend Oreille Valley Lions Club operated with a new exciting location and the Newport/Priest River Rotary Club as the new operator. The train leaves historic Newport, WA with the route following the absolutely gorgeous Pend Oreille River to Dalkena. The crew knows the history, and the romance of this fantastic corner of the inland northwest. You may spot moose, elk or eagles. *We will have lunch in Newport – bring \$15. Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.*

1606 | Sat. | 10/13 | 9:45am-4:00pm

Pre-Ski Season Walking

6 weeks | Ages 12+ | \$29
Take a Saturday walk in the park at Mission Park. Get in shape for the upcoming ski season. Walk at your own pace. Poles are provided. **Mission Park parking lot, Mission & Perry.**

1563 | Sat. | 10/13-11/17 | 9:30-11:00am

Sundancers

Square Dancing

8 Weeks | Ages 15+ | \$34
Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook.**

Beginners – Meet the second and fourth Tuesdays of the month. Class dates are 10/9, 10/23, 11/13, & 11/27.

1564 | Tues. | 10/9-11/27 | 6:30-8:00pm

Performers – Meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month. Pick up time on performance night is 9pm.

1565 | Tues. | 10/2-11/27 | 6:30-8:00pm

What's Cooking

4 weeks | Ages 16+ | \$51
Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave, Kitchen.**

1601 | Tues. | 10/9-10/30 | 4:00-6:00pm

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Cooking Squaredance Performers Only Powerlifting	3 Walking	4 Crafts Powerlifting	5 Friday Fun Spokane Chiefs Hockey	6
7 Swimming Learn to Swim	8	9 Cooking Squaredance Powerlifting	10 Basketball Walking	11 Crafts Powerlifting	12 Friday Night Jam Harvest/Halloween	13 Pre-Ski Season Walking Pend Oreille Train Ride
14 Swimming Learn to Swim	15 Ice Skating Musical	16 Cooking Drum & Dance Squaredance Performers Only Powerlifting	17 Basketball Walking	18 Crafts Powerlifting Fine Dining The Onion	19 Ice Skating Friday Fun Disney on Ice	20 Pre-Ski Season Walking Day at Theater Beauty and the beast
21 Swimming Learn to Swim	22 Ice Skating Musical	23 Cooking Drum & Dance Squaredance Powerlifting	24 Basketball Dessert Delight Tomato Street	25 Crafts Powerlifting	26 Ice Skating Friday Fun Harvest Party	27 Pre-Ski Season Walking
28 Swimming Learn to Swim	29 Ice Skating Musical	30 Cooking Drum & Dance Powerlifting NO Squaredance	31 Basketball	See Page 10 for all Sports Programs		

November Events

Classy Crafts

4 weeks | Ages 16+ | \$41
Explore your creative side and make a variety of beautiful and meaningful crafts each week. Participants will have the opportunity to improve skills such as fine motor, socialization and communication. **Sinto Senior Activity Center, 1124 W. Sinto, dining room.**

1493 | Thurs. | 11/1-11/29 | 7:00-8:15pm | no class 11/22

Day at the Theatre

1 day | Ages 16+ | \$24
Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.

Shrek The Musical – The greatest fairy tale never told comes to life in this colorful, song-filled, Tony Award-winning Broadway production based on the hit movie. **Meet at Bing Crosby Theatre, 901 W. Sprague.**

1650 | Sat. | 11/10 | 2:45-5:30pm

Dessert Delight

1 day | Ages 16+ | \$12
If you have a sweet tooth and enjoy desserts come with us as we visit a variety of Spokane eateries. *Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.**

Coldstone – Creamy ice cream, shakes, sundaes

1497 | Thurs. | 11/15 | 7:00-9:00pm

Fleece Hat & Scarf Workshop

1 day | Ages 14+ | \$19
Have fun with fleece. Make a hat and scarf to keep you warm this winter with the guidance of TRS staff. A variety of colors and patterns will be available. No sewing experience required. **Sinto Senior Activity Center, 1124 W. Sinto, Dining Room.**

1542 | Mon. | 11/12 | 6:30-8:00pm

Friday Fun

1 day | Ages 18+ | see below
If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Pizza & Bowling – Meet us at North Bowl for an afternoon of bowling and pizza. Fee includes everything so extra money is not required for this outing. **125 W. Sinto.**

1558 | Sat. | 11/3 | 1:30-4:00pm | \$27

Spokane Chiefs Hockey – Join us watch the Spokane Chiefs hockey team play Seattle. You may purchase snacks or dinner at the game. *Bring \$12 to purchase snacks or dinner.* **Meet us at the Spokane Veterans Memorial Arena main entrance of Boone and Howard.**

1557 | Fri. | 11/16 | 6:30-9:30pm | \$29

Friday Night Jam

1 day | Ages 18+ | \$7
Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

Neon November – Dress in your favorite neon colors.

1285 | Fri. | 11/9 | 7:00-9:00pm

Holiday Light Cruise CDA

1 day | Ages 18+ | \$31
Come with us as we board a cruise boat to enjoy the Coeur d'Alene Resort's Holiday Light Show Journey to the North Pole Cruise. There are 1.5 million lights on the way to the North Pole to meet Santa and his Elves, The Grinch, Rudolph, the Giant Animated Christmas Tree and much more! *Bring a snack or money to purchase cocoa, pop, cookies or chips.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.**

1559 | Fri. | 11/30 | 5:45-9:30pm

Sundancers

Square Dancing **8 Weeks | Ages 15+ | \$34**

Do you want to learn how to square dance or improve your existing skills? Participants should know left and right, ability to follow simple directions, and have a good attention span. **Shaw Middle School, Cafeteria, 4106 N. Cook.**

Beginners – Meet the second and fourth Tuesdays of the month. Class dates are 10/9, 10/23, 11/13, & 11/27.

1564 | Tues. | 10/9-11/27 | 6:30-8:00pm

Performers – Meet the first and third Tuesday of each month. They are welcome to come the second and fourth Tuesday to help with the beginners. Performance night is the 3rd Tuesday of the month. Pick up time on performance night is 9pm.

1565 | Tues. | 10/2-11/27 | 6:30-8:00pm

What's Cooking

4 weeks | Ages 16+ | \$51
Tired of eating at home? Sign up for this class and you will prepare a meal, practice table manners, visit with friends, and take part in clean-up duties. Participants will have the opportunity to practice skills such as following directions, socialization, and hygiene required when in the kitchen. **Southside Senior Activity Center, 3151 E. 27th Ave, Kitchen.**

1602 | Tues. | 11/6-11/27 | 4:00-6:00pm



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
See Page 10 for all Sports Programs				1 Crafts Powerlifting	2 Ice Skating	3 Pre-Ski Season Walking Saturday Fun Pizza & Bowling
4 Swimming Learn to Swim	5 Ice Skating Musical	6 Cooking Drum & Dance Squaredance Performers Only Powerlifting	7 Basketball	8 Crafts Powerlifting	9 Ice Skating Friday Night Jam Neon November	10 Pre-Ski Season Walking Day at the Theater Shrek the Musical
11 Swimming Learn to Swim	12 Ice Skating NO Musical Fleece Hat & Scarf Workshop	13 Cooking Drum & Dance Squaredance Powerlifting	14 Basketball	15 Crafts Powerlifting Dessert Delight Coldstone	16 Ice Skating Friday Fun Spokane Chiefs Hockey	17 Pre-Ski Season Walking
18 Swimming Learn to Swim	19 Ice Skating Musical	20 Cooking Drum & Dance Squaredance Performers Only	21 Basketball	22 NO Crafts Thanksgiving	23 NO Ice Skating	24
25 NO Swimming NO Learn to Swim	26 Ice Skating Musical	27 Cooking Squaredance	28 Basketball	29 Crafts	30 Ice Skating Holiday Light Cruise	

December Events

Day at the Theatre

1 day | Ages 16+ | \$24

Come with us as we delight in the entertaining theatre productions put on by our local Spokane Children's Theatre(SCT) and Christian Youth Theatre(CYT) Spokane.

Harry Connick, Jr.'s The Happy Elf - SCT – The Happy Elf tells the tale of Eubie the Elf, a lovable fellow who wants to spread Christmas joy throughout the town of Bluesville. Hoping to introduce a new generation of children to the joys of jazz, Connick has crafted a musical landscape against which Eubie's story unfolds. Families will love this festive tale of overcoming adversity, friendship, the power of positivity and believing in yourself! The Happy Elf is destined to become a holiday classic. **Meet at SCT, 2727 N. Madelia St. #5**

1495 | Sun. | 12/2 | 1:45-4:45pm

Fine Dining

1 day | Ages 18+ | \$15

Do you like getting dressed up and going out? Come with us and experience the culinary delights of Spokane's finest restaurants! Staff will help in the selection and purchase of a meal. Participants will have the opportunity to improve social, communication, and etiquette skills. *Program fee does not include cost of food.* **Transportation provided from Sinto Senior Activity Center, 1124 W.Sinto parking lot.**

Mama Mias-Italian – delicious homemade recipes from scratch daily.

1510 | Wed. | 12/5 | 6:00-9:00pm

Friday Fun

1 day | Ages 18+ | \$29

If your Friday/Saturday nights are dull check out these fun nights. Participants are responsible to bring the suggested amount of money listed. Sign-up fee covers transportation, staff, tickets and sometimes food. Staff ratio is 1:4-6. Participants will have the opportunity to practice socialization skills such as making choices, handling money, following directions and getting along within a group. Fee and meeting location varies.

Spokane Chiefs Hockey – The Spokane Chiefs play Lethbridge. **Bring \$12 to purchase snacks or dinner. Meet us at the Spokane Veterans Memorial Arena main entrance, Boone & Howard.**

1556 | Fri. | 12/7 | 6:30-9:30pm

Friday Night Jam

1 day | Ages 18+ | \$8

Come rock and swing at Spokane's oldest ongoing nightclub for people with developmental disabilities. If participants require direct supervision then care providers need to attend. Second Friday each month. **West Central Community Center, 1603 N. Belt.**

Christmas Dinner & Dance – Celebrate Christmas wearing red and green. TRS will provide ham, veggies and drink. Please bring a salad, dessert or rolls to share.

1286 | Fri. | 12/14 | 6:00-9:00pm



Sports

Basketball

7 weeks | Ages 18+ | \$24

Fun, exercise, teamwork, and being with friends is what this program is about. We provide both beginner and intermediate basketball. Beginner group will learn developmental skills such as dribbling and shooting. Intermediate group will focus on how to play as a team. **Longfellow Elementary gym, 800 E. Providence.**

1492 | Wed. | 10/10-11/28 | 6:30-7:30pm

Ice Skating

8 weeks | Ages 8+ | \$69

Participants with developmental disabilities learn to skate and improve existing skills. Please dress warmly. Each session includes participation on both days. *Skate rental is an additional fee.* **Eagles Ice Arena, 6321 N. Addison St.**

1560 | M/F | 10/15-12/10* | 3:00-3:45pm

**No Class 11/23, 12/7*

Learn to Swim

10 Weeks | Ages 8+ | \$49

Learn to swim while having fun in the water. A fun way for kids of all ages with disabilities to learn good swim technique, especially if they want to be competitive later. Each swimmer is requested to have a helper get in the water to help with games and activities. There will be two levels. **Whitworth University, aquatics center, 300 W. Hawthorne.**

Beginner – Individuals will learn how to face float, back float, kick with floats and learn the crawl stroke with rotary breathing. Elementary back stroke and back crawl will be taught with the goal to be able to do for 20 yards.

1598 | Sun. | 9/23-12/9* | 3:00-3:45pm

**No Swim 11/25, 12/2*

Intermediate – Individuals who have mastered the Beginner skills and are ready to move on Skills worked on will be distance swimming, breast stroke, butterfly, diving, simple turns and deeper water experience.

1599 | Sun. | 9/23-12/9* | 2:15-3:00pm

**No swim 11/25, 12/2*

Powerlifting

7 Weeks | Ages 17+ | \$49

For persons with developmental disabilities who are serious about lifting with free weights and universal gym equipment. Ability to stay on task and follow directions with minimal assistance. **North Central High School weight room, 1600 N. Howard.**

1562 | T/Th | 10/2-11/15 | 6:30-7:30pm

Swimming

10 Weeks | Ages 8+ | \$49

For people with developmental disabilities who want to swim competitively or for a good workout. Ability to swim 75 yards without assistance and with rhythmic breathing. **Blue Dolphin Swim Team. Whitworth University aquatics center, 300 W. Hawthorne.**

1488 | Sun. | 9/23-12/9* | 2:15-3:45pm

**No swim 11/25, 12/2*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>More winter activities to come in the next brochure</p>						1
2 Day at the Theater The Happy Elf NO Swimming NO Learn to Swim	3 Ice Skating Musical	4	5 Fine Dining Mama Mia's	6	7 NO Ice Skating Friday Fun Chiefs Hockey	8
9 Swimming Learn to Swim	10 Ice Skating	11	12	13	14 Friday Night Jam Christmas Dinner & Dance	15
16	17	18	19	20	21	22
23	24	25 Christmas	26	27	28	29
30	31					

Creating Your New Account

Visit **SpokaneRec.org**

On desktop, select **Log In/Create Account** in the upper left corner, then select **Create Your SPOKANE Account**.

On mobile devices, select **Account** in the upper right corner and then select **Sign Up**.

Fill out the required information.

To receive text alerts (i.e. class cancellations, facility closings), indicate your mobile carrier next to your cell number.

That's it! Now you're ready to register for our great programs!

Add additional members (spouse, children, etc) at any time in your account settings. Keep your entire household on one account!

When you've found a program, make sure to select the correct account member before adding it to your cart.

CIVICREC

Need help setting up your
account? Just call 311!





Please print and
fill out completely

City of Spokane Parks and Recreation Department

509.755.CITY (2489)

SpokaneParks.org

ACTIVITY REGISTRATION FORM

Which program are you registering
for? ☐ General ☐ TRS

PAYEE INFORMATION

LAST NAME	FIRST NAME	MI
ADDRESS	CITY/STATE	ZIP
DAY WORK OR CELL PHONE	NIGHT PHONE	EMAIL

LIABILITY WAIVER, RELEASE & INDEMNITY AGREEMENT

I agree to release, indemnify, and hold the city, its agents, officers and employees, and School District 81, harmless from any and all liability claims, actions, judgments, damages or injuries of any kind and nature whatsoever to the participant and/or his property arising from participation in activities for which the participant is registering. I further acknowledge that I have familiarized myself with the description of the activities, understand the hazards and the participant's personal limitations and knowingly assume all risks. I acknowledge I have read and understand this Liability Waiver, Release and Indemnity Agreement, and understand that I am waiving any claim I might have against the City or School District 81 for any harm sustained as a result of any activity for which I am registering a minor child.

How did you hear about us?

- ☐ Existing customer ☐ TV
☐ Inlander ☐ Spokesman
☐ Kids magazine ☐ Other _____

May we use your photo/video image
taken during activities for publicity
purposes?

Yes No (circle one) Initial here _____

Signature of Responsible Adult _____ Date _____

PARTICIPANT INFORMATION

LAST NAME	FIRST NAME	MI	BIRTHDATE	AGE	GENDER	ACTIVITY NUMBER	ACTIVITY NAME	FEE
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			
	/	/			M F			

Statistical Information (birthdate & sex of participant) is used for demographics and to customize course activities

Make checks payable to: City of Spokane

Mailing Address: Spokane Parks & Recreation Department

Class Registration – My Spokane
808 W. Spokane Falls Blvd.
Spokane, WA 99201-3317

Credit Card/Debit Card payments
are also accepted in the form of
VISA, MC or AMEX for Online or
Phone Registrations Only.

Total Program Fees:
\$

DDA will send funds. ☐ Yes ☐ No Name, Number & Email of Case Manager

Please contact your case manager to send us verification of payment.

THERAPEUTIC RECREATION ONLY

For TRS customers wanting to pay via credit card, MySpokane will
contact the payee by phone after registration is submitted.

General supervision is provided 15 minutes prior to class time and 15 minutes at end of class. If additional supervision is required there will be an additional fee imposed.

Check One: Group Home/Institution _____ In Own Home/Apartment _____ Private Home With Parent _____

Dietary Precautions:

Foods to Avoid:

Activity Limitations/Physical problems (if any):

Will you (your child) need to be reminded to take medications during program hours? ☐ Yes ☐ No

Medications Taken: PLEASE FILL OUT MEDICATION INFORMATION & WAIVER FORM

Will you be using Paratransit? ☐ Yes ☐ No If yes, what is your rider number?



THERAPEUTIC RECREATION ONLY

Do you have any disabilities? (be specific)

Check and explain all that apply below:

ADHD/ADD		Easily Disoriented/Wanders		Restriction to Walking more than 1/2 mile
Uses a Wheelchair		Needs Own Staff Attendant one-on-one		Allergies or Serious Reactions
Seizures		Need Feeding Assistance		Bee/Wasp Stings
Heart Problems		Need Toilet Assistance		Drugs, LIST
Diabetes		Use Sign Language		Food
Hearing Impairment		Sunburns Easily		Other
Visual Impairment		Swimming/Water Restriction		
High Blood Pressure		Non-Verbal		
Easily Fatigued		Shunt - List Type:		

MEDICATION INFORMATION & WAIVER

If you require medication while attending a City of Spokane activity, complete the following information.

Medication Policy

The Therapeutic Recreation Services has a Medical Information and Waiver form to be completed by all participants who will take medications while participating in our activities. The procedure will help us to better assist you with medications both safely and efficiently. We very much need your cooperation to complete the form and package your medications as described below.

Please complete the Medication Information & Waiver form even if you will not take medication while at the activity.

Please package medication by dose in individual extra small zip lock bags or blister cards labeled by the pharmacy to include: 1) name of participant; 2) name of physician; 3) name of pharmacy; 4) dosage and amount; and 5) time to take. For example, if you take six different medications at dinner time there should be six small zip lock bags or blister cards, each with the label information listed above. Then put all bags in a larger zip lock bag labeled with your name, date, day and time to take, e.g. Sam Jones, Saturday, June 15, 6:00 pm. **Send only the amount of medication needed for the dates of the activity. Do not send excess dosages.** Please see the examples below of the small zip lock bag, label, and blister card.

The following pharmacies will package medications this way. Evergreen Pharmacy East, 622 E. 2nd, 838-4826 if you live in a group home. Inland Pharmaceutical Services at 1328 N. Ash, 326-8001, or Walgreen's Express, call 921-0659 for locations, will package medication in small individual blister cards. They do packaging for all clients. Please ask for a Pharmacist. If you purchase medication from them there is no fee for this packaging. If you have a different pharmacy that will package medications please let us know and we will add it to the list.

Participants must be able to take their own medications while at the activity. The activity leaders will provide reminders to take medications and to safely secure them when not in use. If you have medical coupons, please bring them with you in case there is an emergency and you need medical treatment.

THIS DOCUMENT RELIEVES THE CITY OF SPOKANE FROM LIABILITY FOR PERSONAL INJURY OR WRONGFUL DEATH RELATING TO MY MEDICATION. I HAVE READ THIS DOCUMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHT SBY SIGNING IT ANS SIGN IT VOLUNTARILY.

Signature Date

I am the parent or guardian of the participant and acknowledge that I have read this document and understand its contents and agree to each item noted above. I understand that, to the extent allowed by law, I am waiving my child's rights.

Name Signature Date

MEDICATION TAKEN	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):
	Type:	Dosage:	Time(s):

List any special instructions/cautions/side effects:

Summer Highlights



**Special Thanks to our
Summer Quarter Volunteers**

Dave Bentz
Doug Burke
Steve Busch
Doug Callahan
Karolyn Clark
Steve Jameson
Patrick McKinney
Ed Parry
Julia Parry
Mike Stelzer
Erinn Unger
Seth White



Some of the best activities happen in the fall. Join us!



Seattle Mariners Baseball Game

2 days | Ages 18+ | \$269

Enjoy a baseball game at Safeco Field watching the Seattle Mariners play the San Diego Padres. Participants need to be independent in personal care skills and have no major behavioral or medical needs. Trip fee covers transportation, staff, game tickets, overnight

accommodations, breakfast and lunch on return day. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

1906 | Tues. | 9/11 | depart 10:00am
Wed. | 9/12 | return 4:30pm

Fall Lake Cruise

1 day | Ages 18+ | \$39

Cruise on majestic Lake Coeur d' Alene. Enjoy the fresh air and beautiful fall colors. **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto.**

1271 | Sun. | 9/16 | 10:30am-3:00pm



Pend Oreille Train Ride

1 day | Ages 16+ | \$43

This is the same great train the North Pend Oreille Valley Lions Club operated with a new exciting location and the Newport/Priest River Rotary Club as the new operator. The train leaves historic Newport, WA with the route following the absolutely gorgeous Pend Oreille River to Dalkena. The crew knows the history, and the romance of this fantastic corner of the inland northwest. You may spot moose, elk or eagles. *We will have lunch in Newport – bring \$15.* **Transportation provided from Sinto Senior Activity Center, 1124 W. Sinto parking lot.**

1603 | Sun. | 9/30 | 9:45am-4:00pm
1606 | Sat. | 10/13 | 9:45am-4:00pm

Look for more
exciting activities
coming this fall

Therapeutic Recreation Services

The programs in this brochure are designed for persons with developmental and physical disabilities. All other Parks Department programs are available to persons with disabilities. Please look through the Spokane Parks and Recreation Department Class & Activity Guide to see if a program is of interest to you. Then call Alice Busch at 509.625.6245 and she will help you get started by notifying the instructor who will make preparations or adaptations, if needed.

This is not an activity of the school or school district. Distribution of this material and the use of District facilities does not constitute an endorsement or sponsorship for the event/information by the school or the district.



509.755.2489
spokaneparks.org



808 West Spokane Falls Boulevard
Fifth Floor - City Hall
Spokane WA 99201-3317
509.625.6200

Address Service Requested

